

Limestone County Schools
Scoliosis Screenings
2020-2021

Due to the current pandemic, Limestone County Schools will not be providing scoliosis screenings for this school year.

It is recommended for students in grades 5 thru 9, be screened by a medical provider. Please contact your primary care physician for a screening.

The National Scoliosis Research Society estimates that six million Americans have scoliosis, a lateral or side-to-side curvature of the spine. While there is no cure for scoliosis, early detection of scoliosis can prevent a deformity, which may result in back pain, unsightly posture, and impairment of the body's range of motion and endurance. Untreated, the distortion of the spine can affect the function of other parts of the body, including the heart and lungs.

Scoliosis, the medical term for lateral curvature of the spine, is a common disorder. Between 5 and 10 percent of school children have spinal curves. It is slightly more common in girls than boys and has its onset usually about ages 10 to 12. About 85 percent of curves are idiopathic (of unknown origin), although there appears to be a strong familial tendency in the idiopathic group.

Although most curvatures are of minor consequences, progressive spinal deformity may lead to crippling spine deformity and heart and lung problems; therefore, early detection and treatment are essential.

When detected early, treatment with a brace may prevent the progression of the deformity and may prevent the need for surgery. When detected late, surgery may be necessary.

Spinal deformities in the early years often go undetected because of their painless onset. Unless the condition is severe, it will not be visible to parents or others in the fully clothed child. However, early detection can be accomplished by mass screening of the critical age groups by trained personnel. Therefore, all school children in Grades 5, 6, 7, 8, and 9 (ages 11 through 14), including special education students, should be screened once a year for this potential problem.

Thank you,

School Principal

School Nurse